Benefits and Advantages of Evidenced-Based Nursing Practice (EBNP)

This is a Brief Online Learning Tutorial (or BOLT) brought to you by the LISTEN project, a HRSA-funded project focusing on improving the information literacy competencies of nursing students and professional nurses.
With the demands and complexities of the healthcare setting today; nurses can no longer, solely, rely on traditional knowledge, and the old phrase “this is the way we have always done it”. Nursing practice must incorporate personal clinical experience and knowledge, the patient’s preference, clinical situation, organizational structure, and the best and most current evidence. Not only patients benefit from the improved quality of care, but nurses work satisfaction improves also.
What is Evidenced-Based Nursing Practice (EBNP)?

“Evidence based-practice is a problem solving approach to practice that involves the conscientious use of current best evidence in making decisions about patient care…”

Melnyk & Fineout-Overholt (2005), p. 587

EBP involves the integration of evaluating the relevance of the evidence, searching the evidence, and appraising the evidence for a specific clinical question. This process also involves the nurses clinical knowledge and the patient’s choices and values (Melnyk and Fineout-Overholt, 2005)
Integrating EBNP into nursing has many variables, such as; determining the strength of the evidence, patient preference, organizational support, cost, clinician knowledge, environment, and overall staffing. EBNP requires support and conscientious commitment from clinicians and healthcare organizations to become a reality.
Once integrated, EBNP has many benefits and advantages noted in the literature. Most importantly is optimal patient outcomes. In this age of information and the need to access the best evidence quickly, the EBNP process facilitates the integration of new up to date evidence to be incorporated into nursing practice. Another benefit is Nursing work satisfaction. Ultimately, EBNP leads to improved outcomes and quality of care.
Quality is facilitated by EBNP, and there are numerous agencies and organizations dedicated to improving and ensuring quality within healthcare. Magnet status, supported by the American Nursing and Credentialing Center (ANCC) is a voluntary hospital accreditation program based on outcomes measurements pertaining to nursing leadership, EBNP, nursing satisfaction, and organization meeting national safety goals. The Joint commission is mandatory and is a federal agency measuring patient safety and quality outcomes. These are just two of several organizations and agencies advocating for quality care supported by evidence-based care.
EBNP is a necessity in today's always fluctuating and complex healthcare environment. Evidence and information are never static and constantly evolving. Learning, practicing and providing EBNP will provide an approach to integrate, and utilize the enormous amounts of information and efficiently provide the best possible patient care.
Continue to visit the LISTEN website, at listenuphealth.org, for more helpful tips on using technology and seeking, evaluating, and applying information in nursing to support evidence-based nursing practice.
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